

Cois Locha Restaurant Menu

Starters

Melon with fruit sorbet

watermelon, galia & honeydew(GF)

Goats' Cheese, Pear & Walnut(7,8)

Rocket, pear & walnut dressed with olive oil & sea salt,
beetroot glaze & chargrilled |goats cheese

Prawn & Chorizo (1,2,4,7,12) (AGF)

Sauté prawn & chorizo, cherry tomato & garlic sauce,
served with toasted garlic bread

Homemade Soup of the day (1,3,7,10,11,12) (AGF)

With freshly baked bread

Grilled Portobello mushroom (7,9,12) (GF)

With beef tomato, mozzarella cheese, sweet pepper & tomato sauce & basil oil

Warm Smoked Chicken Salad with Sundried Tomatoes & Crispy Bacon(10,12)

Honey & Mustard dressed salad leaves

Mains

Grilled Hereford 10oz Sirloin steak (GF) (Supplement €8.50)

(1,6,7,10,12)

with garlic creamed potatoes, tempura onion rings, peppercorn sauce

Oven Roasted Chicken Supreme (7,9,12) (GF)

Garlic Mash & wild mushroom cream.

Pan seared fillet of Salmon (2,4,6,7,9,12,14)

with seared garlic prawns & sauce Vierge

Slow oven roasted pork belly (1,6,7,12) (AGF)

apple puree, red wine reduction, on puree potato & crispy onion

Crispy boneless half roast duck (7,12) (GF)

braised red cabbage orange & Cointreau reduction

Chickpea, Potato & Spinach Curry(1,7,8,9) (AGF)

Poppadom basket & basmati rice

Pan- fried fillet of Sea Bass (4,7,9,12)

With buttered greens, lemon and tarragon cream reduction

Desserts

Cheesecake of the Day (1,3,7,8)

with a fruit coulis & fresh cream

Apple & Cinnamon Crumble Tart (1,3,7,8,12)

with crème anglaise & vanilla ice cream

Chefs Pana Cotta (7)

smooth Italian cream dessert infused with vanilla
and seasonal fruit, served with a fruit coulis

Warm Chocolate Brownie (1,3,7,8)

with vanilla ice cream & chocolate sauce

Trio of Ice Creams (3,7,8)

with caramel and chocolate sauce

Eton Mess (3,7)

fresh seasonal berries in cream and meringue,
with fruit coulis and vanilla ice cream

Tiramisu (1,3,6,7,10)

lady finger biscuits soaked in coffee & rum
with sweetened mascarpone cheese & cocoa

Banoffee Pie (1,3,7,8)

fresh bananas and cream on a biscuit base
with butterscotch sauce

Tea or Coffee

€25.00 Mains only tea / coffee

€37.50 Mains and dessert / starter & tea / coffee

€47.00 Starter / mains / dessert & tea / coffee

Please ask to see our extensive Cocktail menu

- *Some products are produced alongside nuts / nut oil so we cannot guarantee no trace.*
- *GF/AGF; If you are coeliac, highlighted dishes are Gluten Free / Available Gluten Free*
- *A range of other dishes can be prepared without gluten with minor adjustments so please inform your server. All soups, chowders, sauces are gluten free.*
- *Please ask your server to see our wine list supplied by Findlater wines.*
- *Please ask your server for our Vegan menu.*
- *All our desserts are made in the hotel by our pastry team.*
- *All of our beef is Irish Hereford & sourced locally in ABP Nenagh and can be fully traced from farm to fork.*

ALLERGENS: 1=cereals containing gluten, 2= crustaceans, 3=eggs, 4=fish, 5= peanuts, 6= soya, 7= milk, 8 =nuts, 9= celery/celeriac, 10 =mustard, 11= sesame seeds, 12= Sulphur dioxide (sulphites), 13= lupin, 14= mollusc